



# ADOPTED

BOARD OF SUPERVISORS  
COUNTY OF LOS ANGELES

27 September 17, 2013

*Sachi A. Hamai*  
SACHI A. HAMAI  
EXECUTIVE OFFICER

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September 17, 2013

The Honorable Board of Supervisors  
County of Los Angeles  
383 Kenneth Hahn Hall of Administration  
500 West Temple Street  
Los Angeles, California 90012

Dear Supervisors:

**APPROVE ACCEPTANCE OF A GRANT AWARD FROM KECK MEDICAL  
CENTER OF USC**

**SUBJECT**

Approve acceptance of a grant award from the Keck Medical Center of USC's Grants and Sponsorship Program to support the implementation of the Life-Long-Healthy Choices Program at the Department of Health Services' Hubert H. Humphrey Comprehensive Health Center.

**IT IS RECOMMENDED THAT THE BOARD:**

1. Approve and authorize the Director of Health Services (Director), or his designee, to accept a grant award from the Keck Medical Center of USC's Grants and Sponsorship Program (Keck) in the amount of \$16,550, for program expenses associated with the implementation of the Life-Long-Healthy Choices (LLHC) Program at Hubert H. Humphrey Comprehensive Health Center (HHHCHC) upon Board approval through November 29, 2013.
2. Delegate authority to the Director, or his designee, to sign any documents to acknowledge acceptance of the grant, modify the budget or extend the term of the grant award, if necessary, for the implementation of the LLHC Program, subject to review and approval by County Counsel.

## **PURPOSE/JUSTIFICATION OF RECOMMENDED ACTION**

HHHCHC applied for and has been awarded a \$16,550 grant from Keck to strategically develop a sustainable, nurturing, child friendly, family nutrition and physical activity intervention program for a targeted group of overweight and obese children. The primary purpose of this program is to foster healthy and improved nutritional habits, and increase physical activity in children and their families by using a multi-disciplinary and multi-component prevention intervention approach. The LLHC Program aims at preventing and controlling childhood obesity and other associated chronic diseases through dietary changes, physical activity, behavior and social modifications, family involvement and active participation. Existing staff will be responsible for program implementation.

Approval of the recommended actions will enable HHHCHC to purchase equipment and supplies for the implementation of the LLHC Program (e.g. TV, DVR, and printer), as well as incentives such as imprinted t-shirts and water bottles, snacks, etc. to make the program more attractive to participants. HHHCHC will use these resources to support and enhance the quality of the health education services and health promotion activities offered under the LLHC Program to promote overall health and well-being of the program participants through physical activity, focusing on life-style changes, self-efficacy skills and behavior modification for the prevention and management of childhood obesity.

## **Implementation of Strategic Plan Goals**

The recommended actions support Goal 1, Operation Effectiveness, of the County's Strategic Plan.

## **FISCAL IMPACT/FINANCING**

The grant award in the amount of \$16,550 will be used for program expenses approved by Keck for the implementation of the LLHC program.

Funding is included in the department's Fiscal Year 2013-14 Board Adopted Budget and will be offset by this one-time grant funding.

## **FACTS AND PROVISIONS/LEGAL REQUIREMENTS**

HHHCHC chart reviews conducted in 2011 of 200 pediatric patients, ages 4 to 17, revealed an estimated 45 percent of the children were overweight, and 26 percent suffered from obesity. Additionally, about 88 HHHCHC pediatric patients between the ages of 8 to 17 were referred to H. Claude Hudson CHC's childhood obesity prevention program ("Weigh to Go" implemented in 2006) between April and November 2011. These significant numbers prompted HHHCHC to develop and seek support for its LLHC Program.

The planned LLHC Program consists of six sessions (every Friday from 3:30 pm to 5:30 pm) of physical activity and five sessions of nutrition counseling. The program will primarily target underserved overweight and obese African-American and Hispanic children between the ages of 4-17 years old receiving services at HHHCHC. Secondly, the program will target their parents.

The participants must have a willingness to attend all the program sessions including a signed parental consent, a primary physician, a physical exam, participation in pre/post surveys, and other

program impact evaluation as needed.

On June 7, 2013, Keck notified HHHCHC that the grant award for the LLHC Program was approved. The Keck grant requirements are as follows: 1) grant funds will be used only for the program expenses identified in HHHCHC's Budget Summary; 2) any changes to the approved program budget must be reported as soon as possible to Keck for approval prior to any expenditure activity; 3) site visits may be requested by Keck; 4) HHHCHC is to acknowledge Keck's support whenever publicizing the program or publishing the results of HHHCHC's prevention program; and 5) by March 5, 2014, HHHCHC will submit a comprehensive fiscal and narrative report including Program outcomes with pictures, any press on the project, number of sessions, classes or activities given, and number of attendees at the program activities, including total attendees for multi-session programs.

### **CONTRACTING PROCESS**

Not applicable.

### **IMPACT ON CURRENT SERVICES (OR PROJECTS)**

Approval of the recommended actions will enable DHS to address the childhood obesity issue it is experiencing with its pediatric patient population at HHHCHC through the implementation of the LLHC Program.

Respectfully submitted,

A handwritten signature in black ink, appearing to read "Mitchell Katz". The signature is written in a cursive, flowing style.

Mitchell H. Katz, M.D.

Director

MHK:gh

Enclosures

c: Chief Executive Office  
County Counsel  
Executive Office, Board of Supervisors

**ATTACHMENT A**

**Hubert H. Humphrey Comprehensive Health Center  
Life-Long-Healthy Choices Program Implementation  
Budget Summary**

Line Items	Total
<b>Personnel</b>	<b>\$5,820.00</b>
<b>Travel/Mileage</b>	<b>\$264.00</b>
<b>Supplies</b> (e.g. purchase exercise videos, children t-shirts, pedometers, stretch resistance band rolls)	<b>\$7,206.00</b>
<b>Other costs</b> (e.g., postage, purchase of various healthy snacks, water, gift certificates to fitness center)	<b>\$3,260.00</b>
<b>Total</b>	<b>\$16,550.00</b>

9/3/13